



***Managing Transitions***

***Culminating Course Project***

***Due January 11, 2012***

1. You are to plan 3 home cooked dinners to prepare for your family.
2. Meals should be ;
  - a. Balanced (follow food pyramid)
  - b. Meet menu planning standards (see textbook for details)
  - c. **Inexpensive - Keep It Simple**
  - d. Made from scratch and/or semi-homemade (teacher will explain)
- ~~3. Calculate the cost of each meal (see cost form attached)~~
4. Prepare each of the three meals for your family
5. Have family members evaluate your meals
6. Take picture of your meal (you may take on your camera and print out or take on your cell phone and e-mail to me at [leann.thacker@carlisleindians.org](mailto:leann.thacker@carlisleindians.org))
7. Bring samples from one of your meals. Put on disposable plate, cover and label with your name & foods prepared.

**Turn in to teacher in a binder or folder**

- ❖ Menus planned
- ❖ Parent evaluations
- ❖ Other family members evaluations(include any friend or family who ate the meal)
- ❖ Your personal evaluation of your work and the food/menu served
- ❖ Pictures of your meals (this may be skipped if sent to e-mail)
- ~~❖ Cost form(s)~~



**Parent(s) Evaluation:** How did your student do preparing today's meal? Neat? Served on time? Foods well prepared? Was the meal served in an attractive manner? Did your student clean-up the kitchen as they worked and when the meal was finished?...

Parent(s) signature: \_\_\_\_\_

**MEAL 1**

**MEAL 2**

**MEAL 3**

**OTHER COMMENTS:**



**Family member Evaluation:** How did your family member do preparing today's meal? Neat? Served on time? Foods well prepared? Was the meal served in an attractive manner? Did your family member clean-up the kitchen as they worked and when the meal was finished...? Signature: \_\_\_\_\_

**MEAL 1**

**MEAL 2**

**MEAL 3**

**OTHER COMMENTS:**

(Have one evaluation sheet for each family member)



**Personal Evaluation:** How did you do preparing today's meal? Neat? Served on time? Foods well prepared? Was the meal served in an attractive manner? Did you clean-up the kitchen as you worked and when the meal was finished...?

Signature: \_\_\_\_\_

**MEAL 1**

**MEAL 2**

**MEAL 3**

**Overall evaluation of your work:**